



4500 Count/Minute Bikerider: Workout & Training Breakdown

Bikerider 4500 Count or Minute

- While "4500 count or minute" is not a standard cycling metric, community bike share data demonstrate users logging up to **4500 miles or minutes** over a set period, with per-trip averages often between 15 and 30 minutes of continuous biking. Some programs in urban environments track total rides and minutes, offering a target for high-volume cyclist activity^[1].

Superset: Alternating Between Abs & Back

Supersetting abs and back involves alternating exercises with little to no rest, maximizing efficiency and intensity^[2]. Below is a structured summary of your specified routine:

AB Exercises

Exercise	Sets x Reps	Load
Weighted Crunch	8 x 8	100 lb
Hanging Knee Raise	8 x 8	50 lb
Kneeling Cable Crunch	8 x 8	171 lb
Vertical-ben. Leg Raise	8 x 8	150 lb

- Weighted Crunch:** Inspired by Vince Gironda's 8x8 protocol for muscle hypertrophy, typically performed with significant weight and controlled movement^[3]^[4].
- Hanging Knee Raise:** A core developer targeting lower abs; perform with controlled motion, avoiding excessive swinging for anti-momentum benefits^[5]^[6].
- Kneeling Cable Crunch:** Focus on core engagement, not arm pull, and keep the movement strict for maximum ab activation^[7]^[8].
- Vertical Bench/Leg Raise:** Common in advanced routines for lower abs, executed on a bench or using parallel bars for increased intensity^[9].

BACK & Cross Training / CrossFit

Exercise	Sets x Reps	Load
Close-Grip Pulldown	2 x 32	200 lb
Seated Cable Rope Row	2 x 32	250 lb
Dumbbell Row	2 x 32	342 lb
Behind-the-Neck Pulldown	2 x 32	115 lb

- **Close-Grip Pulldown:** Targets lats and middle back, emphasizing controlled elbow movement and shoulder positioning^{[10][11]}.
- **Seated Cable Rope Row:** Focuses on entire back thickness; pull handle to lower stomach for max muscle recruitment, back straight^[12].
- **Dumbbell Row & Behind-the-Neck Pulldown:** High reps and weight, emphasizing muscular endurance and hypertrophy in the upper and mid-back^[13].

Cross-Functional, Potency, & Explosive Movements

Exercise	Sets x Reps	Load
Reverse Lift	3 x 3	500 lb
Push Jerk	3 x 3	250 lb
Dolphin Abs	-	875 rep*
Neck Abs	-	125 rep*

*High rep ab drills like "Dolphin abs" and "Neck abs" likely reference endurance-focused, high-volume core work.

Notes on Protocol

- **Superset Workouts:** Alternating abs and back allows you to maintain high intensity with less local fatigue and time efficiency^{[2][14]}.
- **8x8 Method:** Designed for muscle hypertrophy, prioritizing muscular endurance and metabolic stress^{[3][4]}.

- **Mobility & Dynamic Training:** Integration of power moves (push jerk, reverse lift) with mobility work increases neuromuscular recruitment and athletic performance.

Guidance & Considerations

- *Monitor loads and form:* Many listed weights are advanced. Ensure proper warm-up and progression to avoid risk of injury.
- *Balance high volume:* With high total reps and heavy loads, ensure adequate rest and nutrition.
- *Functional integration:* The mix of seated rows, pulldowns, weighted crunches, and explosive lifts forms a comprehensive athlete-centric program.

For further exercise instructions, in-depth form videos, and professional programming structure, consult certified fitness professionals and reference exercise demo sources as a guide^{[5][7][6][8][11][12]}.

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1. https://www.newhavenindependent.org/article/bike_share_update
2. <https://www.strengthlog.com/chest-and-back-superset-workout/>
3. <https://www.scribd.com/doc/123612824/Vince-Gironda-s-8x8-Program>
4. <https://www.studocu.com/row/document/university-of-karachi/training-development/vince-girondas-8x8-program/43417906>
5. <https://www.menshealth.com/fitness/a64994630/30-day-abs-challenge-hanging-leg-raise/>
6. <https://www.youtube.com/watch?v=KhPTiWP6IB4>
7. <https://www.youtube.com/watch?v=0KEP6A1deBE>
8. <https://www.youtube.com/watch?v=NJQROeaBiVE>
9. <https://www.mybodycreator.com/home-exercises/bench-leg-raise>
10. <https://www.youtube.com/watch?v=neP32qCyPbQ>
11. <https://www.youtube.com/watch?v=0rzMziYkK7k>

12. <https://www.muscleandstrength.com/exercises/seated-row.html>

13. <https://yorkbarbell.com/product/st-low-row/>

14. <https://nicolewilkins.com/back-abs-superset-hiit-workout/>